



Tulare County Employee Wellness Program

Creating Healthy Habits



AUGUST 2014 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
4 <div> Onsite Class: <i>"Tai Chi"</i> Child Support Services East Training Room </div>	5	6 <div> Webinar: <i>"Improving Your Sleep"</i> Delta Team Care </div>	7	8
11	12 <div> Onsite Class: <i>"Eating Writing & Arithmetic"</i> Visalia Gov't Plaza RMA Main Conf. Room </div>	13	14 <div> Onsite Class: <i>"Eating Writing & Arithmetic"</i> P'ville Gov't Plaza Conference Room D </div>	15
18	19	20 <div> Webinar: <i>"The Path to Inner Peace"</i> Anthem EAP </div> <div> Weight Watchers Informational/Registration Meeting Visalia Gov't Plaza—RMA Main </div>	21 <div> Weight Watchers Informational/Registration Meeting P'ville Gov't Plaza—Tangerine Rm. </div>	22
25 <u>TULARE WORKS (VDO)</u> Almond A & B Room <div> Onsite Training: <i>"Personal Health Coaching"</i> </div> <div> Onsite Class: <i>"Quick & Healthy Family Meals"</i> </div>	26 <u>PORTERVILLE GOV'T PLAZA</u> Orange/Tangerine Room <div> Onsite Training: <i>"Personal Health Coaching"</i> </div> <div> Onsite Class: <i>"Quick & Healthy Family Meals"</i> </div>	27 <u>PROCESSING CENTER</u> Birch Room <div> Onsite Training: <i>"Personal Health Coaching"</i> </div> <div> Onsite Class: <i>"Quick & Healthy Family Meals"</i> </div>	28 <u>CHILD SUPPORT SERVICES</u> East Training Room <div> Onsite Training: <i>"Personal Health Coaching"</i> </div> <div> Onsite Class: <i>"Quick & Healthy Family Meals"</i> </div>	29

Onsite Class: "Eating, Writing & Arithmetic"

This lesson is designed to integrate nutrition education into your current lifestyle. It is laid out in a manner that will allow you to identify the fruit/vegetable being discussed, physical activity and shopping at the grocery store. This class is provided by the HHSA dept.

Time: 12:00-12:30 PM To **register**, click on the link : [Nutrition Class](#)

Date: **Location:**

8/12/14 Visalia Gov't Plaza, 5959 S. Mooney Blvd.
8/14/14 P'ville Gov't Plaza, 1055 W. Henderson



It's Time To Recheck Your Numbers!

Employees that participated in the Health Risk Assessments in February are eligible for a "Quick Check" in the month of August. The Quick Check will be performed at a LabCorp location near you and will check your **glucose** and your **total cholesterol** levels (LDL, HDL and triglycerides).

Employees interested in completing this free service will need to call **1-800-840-6100** to request a packet. The packet will include a list of LabCorp facilities near you and instructions on how to schedule your Quick Check. If you have any questions regarding this process, please call Delta Team Care at 1-800-422-6099.



Onsite Class: "Quick & Healthy Family Meals"

The County of Tulare and Delta Team Care have teamed up to bring you a **FREE** 30 minute interactive class on, "Quick and Healthy Family Meals."

Please join us for an enjoyable and flavorful experience where you will have the opportunity to prepare and taste new recipes! These recipes include fresh foods that are fast and simple to prepare, making them ideal for busy families who want healthy meal options. We will be preparing two recipes: Grilled chicken, topped with grilled pineapple and avocado salsa, and Quinoa and vegetable salad. You will be able to eat your creation. This class is scheduled from **12:30 PM—1:00 PM**.

Schedule

Date	Registration Link
8/25/14	Tulare Works, 1845 N. Dinuba Blvd, Almond A & B
8/26/14	Porterville Government Plaza, 1055 W. Henderson, Orange/Tangerine Rm
8/27/14	Processing Center, 26644 S. Mooney Blvd., Birch Room
8/28/14	Child Support Services, 8040 Doe Ave., East Training Room



Webinar: "Improving Your Sleep"

"Improving Your Sleep" explores the relationship between your sleep habits and your health. Many people will shorten their sleep when pressed for time, which can have a detrimental effect on our health, time and productivity.

Date: August 6, 2014 **Time: 12:00 PM—1:00 PM**

To **register**, click on the link: [Improving Your Sleep](#)



Webinar: "The Path To Inner Peace"

At some point in our lives we may lose track of ourselves and find ourselves stressed to the max about all of our responsibilities. We spend so much time running from task to task that we forget to stop and take a breath. Getting off the fast track and getting in touch with what is important in your life is one pathway to inner peace.

Date: August 20, 2014 **Time: 12:00 PM—1:00 PM**

To **register**, click on the link: [The Path to Inner Peace](#)

Anthem® EAP

Onsite Training: "Personal Health Coaching"

Personal health coaching is completely **FREE**. Delta Team Care's Master-degreed Health Educators will guide you and provide you with the tools to achieve your health goals. **Appointment times vary.**

Personal Health Coaching is available on the following topics:

- Nutrition
- Physical Activity
- Stress Management
- Weight Management
- Tobacco Cessation
- Improved Sleep
- Cholesterol Management
- Reducing Blood Pressure
- Diabetes Management
- Healthy Pregnancy

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